

# Chana Chawal

Chana Chawal (pronounced chunna chowwel) is a plant-based recipe from the Pacific Islands with chickpeas, brown rice, and warm savory spices developed by the California Culinary Centers for school food service menu planning.

Yields 40 Servings

This recipe yields one–12 inch by 20 inch by 6 inch pan of chana chawal for 40 servings:  $\frac{3}{4}$  cup or two number 10 scoops.

## Ingredients

Ingredients list includes measure by **weight** or volume. Choose one measure, either **weight** or volume, for the ingredient. **Weight** is listed first in bold.

- 1 pound** of medium fresh tomatoes
- 2 pounds** of fresh yellow onions
- 2 tablespoons of vegetable oil (U.S. Department of Agriculture [USDA] food item)
- 2 quarts and 2  $\frac{1}{2}$  cups of canned garbanzo beans (chickpeas), drained (equal to 1 number 10 can) (USDA food item)
- $\frac{1}{4}$  cup and 1 tablespoon of chana masala spice mix
- 1 tablespoon of ground turmeric
- 1 tablespoon of table salt
- 5 crumbled bay leaves
- 2  $\frac{1}{2}$  teaspoons of ground cinnamon
- $\frac{1}{2}$  teaspoon of ground cloves
- 1 teaspoon of whole black peppercorns (optional)
- 1 tablespoon or 5 whole star anise (optional)
- 1  $\frac{1}{2}$  teaspoons of ground cardamom
- 1 gallon and 1 quart of cooked long grain brown rice (USDA food item)

## Directions

1. Rinse tomatoes under cold running water. Core and dice tomatoes to measure 2 cups; purée tomatoes using food processor or blender.
2. Trim, peel, and chop onions to measure 2 quarts and 3 $\frac{3}{8}$  cups.
3. Heat oil in 6 quart pot. Add onions to oil and cook over low to medium heat, stirring continuously until dark brown in color. Add puréed tomatoes and cook 5 minutes.
4. Rinse garbanzo beans in colander under cold running water, drain. Add garbanzo beans to pot with onions and tomatoes.
5. Stir in the chana masala spice mix, turmeric, and salt. Continue cooking and stirring for 5 minutes.
6. Combine cooked rice with garbanzo beans mixture and remaining spices; place in a 12 inch by 20 inch by 6 inch pan. Critical Control Point: Hold at 135°F or higher for service.
7. Portion  $\frac{3}{4}$  cup or two number 10 scoops of chana chawal for each serving.

## Nutritional Analysis

Calories, in K calories: 307  
Carbohydrates, in grams: 61.5  
Protein, in grams: 8.1  
Saturated fat, in grams: 0.5  
Trans fat, in grams: 0  
Total fat, in grams: 3.3  
Sodium, in milligrams: 257.8

## General Recipe Information

### Category

- Hot plate recipes
- Side dish recipes
- Meatless or plant-based recipes

### Serving Suggestion

- Yield 40 or yield 80—¾ cup servings

### Contribution to Meal Pattern

The contribution to the meal pattern for this recipe is based on the suggested serving size above.

- 1 ounce meat/meat alternative or ¼ cup legumes vegetable subgroup
- 1 ounce whole grain-rich.

If you decide to modify this recipe or serving size, you may use the tools available on the [CA Culinary Centers Standardized Recipes web page Resources tab](#) to create your own standardized recipe or find the contribution to the meal pattern.

### U.S. Department of Agriculture Food Items

- Canned garbanzo beans
- Long grain brown rice
- Vegetable oil

### Preparation Time

- 1 hour 15 minutes.

### Critical Control Point (CCP)

- CCP: Hold chana chawal at 135°F or higher for service.